



# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov> to follow link to COA

Directors: Pat LeVan & Lori Wittner

COA Assistant: Lenore Dichard • COA Elder Services Coordinator: Wendy Aronson

COA Volunteer Coordinator: Ita Baird Saturday Activities Coordinator: Vicki Umanita

Chair, COA Board: Roberta Ennis

## Health Technology Fair Tuesday October 26<sup>th</sup> 9 AM – 1 PM



Join us as at the Council on Aging as we host this special event! Local vendors will be present to show various types of health related products, services and equipment, ranging from chairlifts to hearing devices. You will have the opportunity to walk around and speak with the experts on the latest and greatest technology!



### Bedford Police & Fire Cookout!



Come enjoy hot dogs, hamburgers, chips and soda sponsored by the Bedford Police and Fire Departments on Saturday October 16<sup>th</sup> at 12:30 pm at the Council on Aging. There is no charge for this

event, but space is limited to 50 people, so **please sign up** either at the COA or by calling 781-275-6825.

### Get that creativity flowing!

The Nom de Plume writers group is looking for new members! If you enjoy doing short writing exercises and would like to share them with others, this group is for you! Join us in the Mudge Room (located in the Youth & Family Services Dept on the 2<sup>nd</sup> floor of the Town Center Building) on the 1st and 3rd Tuesdays of every month at 1 p.m. No formal writing experience necessary! This is a relaxed, non-competitive group. Please bring a notebook and pen or pencil.

### Free English-as-a-Second Language Classes!

The Bedford COA is pleased to offer Bedford seniors FREE ESL classes each Tuesday at 1 p.m. in the Ashby Place Community Room from October 12 through November 30. The classes will be taught by experienced ESL teacher Anita Feld. All are welcome to attend! The classes are generously sponsored by the Cambridge Savings Charitable Foundation.

### FLU SHOTS ARE COMING!!!



The COA is currently waiting for our supply of Flu Vaccine to arrive! There is NO shortage this year; however, there has been a small delay in the delivery. Please stay tuned for information on specific dates and times or call the COA for details!

### Contents

Just for Fun	3
Calendar	4/7
For Your Health	5
What You Need	6
Ongoing Activities	8
FBCOA/ Bedford Café	9

## \*\*\* Trips! Trips! Trips! \*\*\*

### Fall Foliage – October 13<sup>th</sup> - \$55

There is nothing that suggests that fall foliage is any better two hours away than in our charming neighboring towns of Sudbury, Bolton, and Stow. We will have a wonderful New England luncheon of pot roast, chicken pie or baked Boston scrod at Longfellow's Wayside Inn in Sudbury, and while there tour the Martha Mary Chapel, the Wayside Grist Mill, and other points of interest. From there, we will travel to the Colonial Candy Store in Bolton for a treat to take home and make a stop at a farm stand. Payment and menu choice due at time of sign-up. We will leave from the Town Hall parking lot (near the Police Station) at 10:00 a.m. and return to Bedford at approximately 3:30 p.m.

### Symphony Hall and The Venezia Restaurant – December 2<sup>nd</sup> - \$82

At 7:45 a.m. on Thursday, December 2<sup>nd</sup> our Bedford COA group will leave to go to "a Concert in the Making" at Symphony Hall. This final rehearsal performance will give you an inside glimpse of the Boston Symphony Orchestra at work and you will enjoy the bonus of an informative pre-rehearsal talk and notes on the program. James Levine will conduct and the guest soloist will be world famous violinist, Nikolaj Znaider. Plan on having luncheon at 1:30, so if you require a small snack, please bring something with you. Lunch will be at the Venezia Restaurant on the waterfront, and menu choices are baked haddock, steak tips or ravioli & meatballs. The cost of this day trip is \$82.00 and you may sign up for yourself and one other Bedford senior beginning October 5<sup>th</sup>. Full payment and menu choices are due at time of reservation. Our return will be at approximately 4:00 p.m. Our departure point is the Town Hall parking lot (near the Police Station).

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## \*\*\* Just for Fun \*\*\*

### Got Milk Bottles?



Join Rodney Leskowski on Monday October 18<sup>th</sup> at 10:30 a.m. for a walk down memory lane. Rodney will be sharing his collection of antique milk bottles from around the Bedford area as well as some Indian bottles.

### Library Book Discussion

Join Lisa Bayliss on Tuesday October 26<sup>th</sup> at 1 PM for a discussion of "Claude & Camille: A Novel of Monet" by Stephanie Cowell. Behind every great artist stands a woman driving him to inspiration, aspiration, and desperation, according to Cowell (*Marrying Mozart*), who bases her latest novel about an artist and his muse on the life of Claude Monet. Beautiful bourgeoisie Camille Doncieux leaves her family and fiancé for Monet. Copies of this book are available at the library's circulation desk.

### NEW! Come Play Mahjong!

Whether you are a seasoned player or you have wanted to learn this ancient Chinese game, come by the COA every Tuesday at 1:00 PM and Wednesday at 12:30 PM for instructional Mahjong games. There will be multiple tables so that more than one group may play at one time. This group will meet in the Fitch Room, on the second floor of the Town Center Building.

### Opera "Light":

#### Pirates of Penzance

Join us for a special one-day presentation on October 27 from the Broadway Theater Archive of the celebrated operetta penned by Gilbert and Sullivan. This production was taped during a live performance at the Delacorte Theatre in New York's Central Park. Linda Ronstadt stars as Mabel, while the Pirate King is masterfully played by Kevin Kline. Also stars former pop star Rex Smith. Curtain goes up at 1 PM, and James Purvis will be your host.

### Happy Halloween!

Join us on Saturday October 30<sup>th</sup> at 12:00 for a special Halloween party! We called in the Ghostbusters ahead of time so you won't have to worry about any ghosts or goblins! Come enjoy some delicious Halloween treats! Costumes are encouraged! The party is free, but please sign up so we know how many to expect!

### Calling All Couples!

Are you looking to widen your circle of friends, socialize with other couples, and plan and participate in future activities? Please join us for a planning meeting on Thursday October 14<sup>th</sup> at 2:00 PM at the Council on Aging.

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### Saturday Movies! Thanks to the FBCOA for our funding!

Oct. 2: *Leap Year* (2009) PG Amy Adams, Matthew Goode; Oct. 9 *Letters to Juliet* (2010) PG Amanda Seyfreid, Christopher Egan; Oct 16: *Date Night* (2010) PG-13 Steve Carell, Tina Fey; Oct 23: *Valentine's Day* (2010) PG-13 Ashton Kutcher, Jennifer Garner; Oct 30 *The Other Boleyn Girl* (2008) PG-13 Natalie Portman, Scarlett Johansson  
All movies begin at 1:15 PM.

### Classic Movie! Monday October 25<sup>th</sup> 1PM *His Girl Friday* (1940)

Hildy Johnson (Rosalind Russell) is about to get hitched to dull insurance agent Bruce Baldwin (Ralph Bellamy) -- that's if her ex-husband, ruthless newspaper publisher Walter Burns (Cary Grant), doesn't succeed in winning her back in this battle-of-the-sexes screwball comedy.

MONDAY

TUESDAY

WEDNESDAY

*Open Bridge,  
Cards, Pool,  
and Computers 8 to 4  
Monday through  
Friday*



**OCTOBER**

9:00 ..... Walking Club/Exercise  
10:00 ..... Pilates/ Science Club  
11:45 ..... Lunch  
1:00 ..... Stitchery/Poker

**4**

9:00 ..... Computer Lessons/Fix It Shop  
9:30 ..... Exercise  
11:00 ..... Tap Dance  
1:00 ..... Mah Jong/Writing Group  
2:00 ..... Computers  
7:30 ..... Divorce/Great Books

**5**

9:00 ..... Walking Club/Fix it Shop  
10:00 ..... Computer Club  
10:30 ..... Songbirds  
11:45 ..... Lunch  
12:30 ..... Mah Jong  
1:00 ..... Life After Indep. Living  
2:00 ..... SHINE

**6**

**HOLIDAY - closed**



**11**

9:00 ..... Computer Lessons/Fix It Shop  
9:30 ..... Exercise  
11:00 ..... Tap Dance  
1:00 ..... FBCOA/Mah Jong/ESL  
1:30 ..... AAA speaker  
2:00 ..... Computers  
7:30 ..... Divorce

**12**

**FOLIAGE TRIP**  
9:00 ..... Walking Club/Fix it Shop  
10:00 ..... Genealogy  
10:30 ..... Songbirds  
11:45 ..... Lunch  
12:30 ..... Mah Jong  
1:00 ..... Investing #2

**13**

9:00 ..... Walking Club/Exercise  
10:00 ..... Pilates  
10:30 ..... Bottles  
11:45 ..... Lunch  
12:30 ..... BP at COA  
1:00 ..... Stitchery/ Poker

**18**

9:00 ..... Computer Lessons/Fix It Shop  
9:30 ..... Exercise  
11:00 ..... Tap Dance  
12:30 ..... BP at Ashby  
1:00 ..... Writing Group/Mah Jong/ESL  
2:00 ..... Computers  
7:30 ..... Divorce

**19**

8:30 ..... Men's Breakfast  
9:00 ..... Walking Club/Exercise/Fix It Shop  
10:00 ..... Computer Club  
10:30 ..... Songbirds/  
11:45 ..... Lunch  
12:30 ..... Mah Jong  
1:15 ..... Blue Zones  
2:00 ..... SHINE

**20**

9:00 ..... Walking Club/Exercise  
10:00 ..... Pilates  
11:45 ..... Lunch  
1:00 ..... Stitchery/ Poker/Classic Movie:  
His Girl Friday

**25**

9:00 ..... Computer Lessons/Fix It Shop/  
Health Technology Fair  
9:30 ..... Exercise  
11:00 ..... Tap Dance  
1:00 ..... Mah Jong/ESL/Book Discussion  
2:00 ..... Computers  
7:30 ..... Divorce/Great Books

**26**

9:00 ..... Walking Club/Exercise/Fix It Shop  
10:30 ..... Songbirds  
11:45 ..... Lunch  
12:30 ..... Mah Jong  
1:00 ..... Opera  
1:15 ..... Blue Zones

**27**

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THURSDAY	FRIDAY	SATURDAY
<b>R 2010</b>	<b>1</b> 8:30 ..... Podiatry 9:00 ..... Walking Club 9:30 ..... Yoga 10:00 ..... Federal Benefits 10:30 ..... Meditation 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing/Nurse's Hours	<b>2</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Leap Year
<b>7</b> 10:00 ..... Exercise 11:30 ..... Making Most of Your Life 1:00 ..... Current Ev/Tai Chi/Dr. Kwon: Glaucoma 2:00 ..... Computers 4:00 ..... Thursday Cl./ Bereaved	<b>8</b> 9:00 ..... Walking Club 9:30 ..... Yoga 10:30 ..... Meditation/ Stroke Group 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing	<b>9</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Letters to Juliet
<b>14</b> 10:00 ..... Exercise 11:00 ..... CW at Home 1:00 ..... Current Ev/Tai Chi 2:00 ..... Computers/Couples Club 4:00 ..... Thursday Cl./ Bereaved	<b>15</b> 9:00 ..... Walking Club 9:30 ..... Yoga 10:00 ..... C. Murphy 10:30 ..... Meditation 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing/Nurse's Hours	<b>16</b> 12:30 ..... Police & Fire Cookout 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Date Night
<b>21</b> 10:00 ..... Exercise/Cheryl Gresek 11:00 ..... Hearing Loss 1:00 ..... Current Ev/Tai Chi 2:00 ..... Computers 4:00 ..... Thursday Cl./ Bereaved	<b>22</b> 9:00 ..... Exercise/Walking Club/ Cholesterol 9:30 ..... Yoga 10:30 ..... Meditation 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing	<b>23</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Valentine's Day
<b>28</b> 10:00 ..... Exercise 1:00 ..... Current Ev/Tai Chi 2:00 ..... Computers 4:00 ..... Thursday Cl./ Bereaved	<b>29</b> 9:00 ..... Walking Club 9:30 ..... Yoga 10:30 ..... Meditation/ Stroke Group 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing	<b>30</b> 12:00 ..... Halloween Party 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: The Other Boleyn Girl

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## ❄️❄️❄️ For Your Health ❄️❄️❄️

### **Glaucoma Seminar with Dr. Kwon**

Glaucoma is the second leading cause of blindness in the world. It causes gradual loss of peripheral vision, which is often not noticed until late stages of the disease. Early screening and detection of glaucoma is critical for treatment and preservation of vision. Dr. Robert Kwon, MD of Eye Associates, P.C. will be providing a presentation on glaucoma on Thursday October 7<sup>th</sup> at 1:00 PM. Enjoy snacks and coffee during the question and answer session immediately following his presentation.

### **Hearing Loss and Solutions**

Come hear Joe Sarofeen from Apex Hearing on Thursday October 21 at 11:00 AM as he talks about how we hear, the impact and causes of hearing loss, and who can help.

### **"The Blue Zones"**

Join Dr. Kevin Baer on Wednesday, October 20<sup>th</sup> and October 27<sup>th</sup> at 1:15 pm for a discussion and review of the book, The Blue Zones, a book about 4 areas in the world where there are high concentrations of centenarians. The book focuses on what those areas have that is inherent to the region that might support successful, comfortable aging and similarities to other areas, also with a high percentage of centenarians. Observations of diet, exercise, climate, activity, and attitude are related among other contributors for healthy longevity. Come find out if you are on track for happy healthy aging. There will be information sharing and discussion to follow.



### **Support Groups**

**Making the Most of Your Life** Come to this discussion group on Thursday October 7 at 11:30 to share what gives you joy and get ideas for living the rest of your life more fully.

**Newly Bereaved Group** This group meets Thursdays at 4 PM for those who have recently lost a loved one, especially a spouse.

**Stroke Group** Stroke patients and families are invited to meet on Friday October 8 at 10:30 AM.

**Divorce Support Group** This group is for those who are recently divorced or separated and meets each Tuesday at 7:30 p.m.

*Please call to let us know you are coming to support groups*

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## ◆◆◆ What You Need To Know ◆◆◆

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### What Everyone Should Know



#### About Investing: Part 2 "The Many Ways of Investing"

Join Ron Reynolds at 1:00 PM on October 13 as he talks about how to invest in equities, fixed income securities, commercial real estate and commodities. He will also talk about Broker/Dealers, international investing, and the use of style boxes. All are welcome. No previous knowledge of investing is required. Ron will be offering a 3<sup>rd</sup> and final workshop next month.



#### Ready, Set, Winter

Come to an informative session on Tuesday October 12 at 1:30 PM (following the FBCOA meeting) with John Paul, Manager of Traffic Safety with AAA of Southern New England. John has over 34 years of experience in the automotive field and has come to be known as AAA's Car Doctor. He will be speaking about preparing one's car for winter as well as tips on safe winter driving.

### What's Next After Independent Living?

What would you do if suddenly you found you couldn't manage day to day activities as you had been able to in the past? Shopping for, and preparing meals, keeping up with basic housekeeping chores, even remembering to take medications can all begin to seem overwhelming as we become older. Join Lisa Yarin from Youville Assisted Living Residences on **Wednesday October 6<sup>th</sup> at 1:00 PM** to learn more about the many options available when independent living becomes more difficult. Becoming aware of options and planning ahead will allow you to make the choices for yourself that support your individual needs and preferences. Home-based supports, as well as assisted living will be discussed. Be sure to bring your questions! Refreshments will be served.

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## Science Club

All are invited to the next meeting of the Bedford COA Science and Technology Club on **Monday, October 4th at 10:00 a.m.** Featured presentation will be by the Bedford High School Robotics Team. All are welcome. No need to be a scientist to attend.

## The Computer Corner

**Computer Club** — The Computer Club will meet on Wednesdays, Oct 6 and Oct 20, at 10 a.m. Both meetings this month will be informal gatherings to share information and solve problems.

**Group Beginner Classes resume on Tuesdays at 9AM. Sign-up is necessary.**

**Drop-In** Every Tuesday and Thursday from 2 to 3 p.m. computer club members help those with questions about any aspect of computer use.

**Get Answers by Email!** Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to [AskToddC@yahoo.com](mailto:AskToddC@yahoo.com).



## And Don't Forget These Ongoing Activities...

### Have Some Fun!

**Bingo!** We will not be playing in October due to the Columbus Day holiday. Join us on Monday November 8<sup>th</sup> for a chance to win token gifts. All are welcome!

**Sing with the Songbirds!** Marie Mann leads our popular sing-along group each Wednesday at 10:30 AM! This is a fun and spirited group.

**Men's Breakfast!** Join Frank Bauman on October 20th at 8:30 a.m. for a special breakfast for just \$3! Please sign up. The COA thanks Chip-In Farms for their donation of eggs.

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1 p.m. to play!

**Play Texas Hold 'Em Poker!** Stop by Monday afternoons at 1 p.m. for poker!

**The Stitchery Group** Come down each Monday at 1 p.m. to do your own stitchery projects. Help with projects is available.

**The Thursday Social Club** This is a fun group where you can meet new people and chat! It meets Thursdays at 4 p.m. in the Fitch Room.

**Bridge, Cards, Pool!** If you love to play games, come down to join a game! Most come about 1 p.m., but the room is open at 8 a.m.

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### Health Services

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for Friday, October 1 from 8:00 a.m. to 11 a.m. Please call to let us know you are coming. The cost is \$25 for each treatment.

**Ask a Nurse!** The Board of Health's Judi Jelloe, R.N., will answer questions and take blood pressures on Oct 1 and 15 from 1:00 till 2:00.

**Blood Pressure Clinics** will be held Oct 18 at 12:30 p.m. at the COA, and Oct 19 at 12:30 p.m. at Ashby.

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### Fitness for You!

**Line Dance for Fun and Fitness!** Come line dance each Friday at 1:00. The class costs \$2. Katrina Rotundi leads the group.

**The Walking Club** will walk Mondays, Wednesdays, and Fridays starting at 9:00 a.m.

### Get Information and Advice

**SHINE Health Benefits Help!** If you have questions about health benefits, our SHINE counselor will be available Wednesdays Oct 6 and Oct 20 beginning at 2 p.m. Call to make an appointment! If you cannot leave your home, she will call you.

**Want to Talk to Your State Rep?** Talk with State Rep. Charles Murphy at 10 a.m. on Oct 15 about state issues and problems.

**Need a Congressman's Help?** If you would like to speak with Cheryl Gresek, representative for Congressman John Tierney, about federal and other issues and problems, come on down to the COA on Oct 21 at 10 a.m.

**Need Legal Information?** Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

**Federal Retiree Benefits** If you or your spouse is a federal retiree and you have a question about your benefits, Rosemary Dyer will be available on Friday, Oct 1 at 10 AM for a confidential chat.

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### Share Your Interests

**Current Events** Come each Thursday at 1 p.m. to talk about national and international events, town issues, or anything else. Bill Aldorisio and Sheldon Moll lead the group.

**The Genealogy Group** meets to share information about exploring their family trees. Join them on Oct 13 at 10:00 a.m.

**The Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 p.m. The next meetings will be on Oct 5 and 19. Do an exercise, share your work, and get feedback! Bring a notebook and pen or pencil. New members are always welcome.

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## FREE Cholesterol Screening

Friday Oct.22 9-11 AM

With Board of Health nurse, Judi Jelloe, RN.

LIMITED TO 10 PEOPLE. Please call for an appointment 781-275-6825.

## Friends of the Bedford Council on Aging Notes

### Come to the FBCOA Meeting!

Please plan to attend the monthly meeting on October 12 at 1:00 p.m. in the Flint Room!

### Guest Speaker to Follow!

At 1:30, following the meeting, please join us as John Paul, the AAA Car Doctor, comes to speak about preparing for winter as well as safe driving tips. John has spent his entire career in the automotive business. With over 34 years of experience in the automotive field, he is a regular guest on many radio and television programs and has appeared on Good Morning America.

### Fix-It Shop News

The Fix-It Shop hours are Tuesday and Wednesday from 9 AM – 12 Noon. New volunteers are always welcome to join this hard-working group. If you are interested in becoming a fix-it shop volunteer, please stop by or call (781) 275-6825 and leave a message.

The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.

### FBCOA Trips

The North Pole Express to New York City

November 28-29, 2010, \$299.95 pp/double.

Featuring a day at Mohegan Sun Casino, Christmas spectacular show aboard the North Pole Express Train, and all the sights and sounds of Manhattan. Full itinerary is available at the COA.

For more information on this special holiday trip please call Theresa Pomeroy (781) 275-8588 or stop by the COA for a complete brochure.

### BJ's Membership

Did you know that as an FBCOA member you are eligible for a discounted BJ's Wholesale membership? With an FBCOA membership, you will only pay \$20!!! Come down to the COA to pick up an eligibility letter to bring to BJ's.

## Minuteman Senior Services Bedford Café!

### Sign Up at the Bedford Cafe!

A delicious meal, catered by Carleton-Willard is served at the Bedford Café on Mondays, Wednesdays, and Fridays, Please reserve even if you have established a regular schedule. To sign up, call 781-275-8542 at least two days ahead.

**Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Can You Volunteer?

The mealsite is seeking volunteers to serve at the mealsite and to drive meals-on-wheels. Drivers are reimbursed 42 cents per mile. For more information on helping at the mealsite, call Judy Atherton at 781-275-8542. To volunteer as a driver, call Debbie Barr at 781-221-7023.

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## Find Out About Retirement Community Living at Home

Carleton-Willard Village invites you to come hear more about their new “Carleton-Willard at Home” program that will offer many of the benefits of retirement community living right in your own home. Services include discounts on local services and stores, volunteer opportunities, fitness classes, and social and cultural events. Information sessions will be held in the Flint Room of the Town Center in Bedford on October 14 at 11:00 am. For more information, call Paula von Kleydorff at 781-276-1910.

### Great Books Group - NEWCOMERS ARE WELCOME ANYTIME!

**Tuesday October 5<sup>th</sup>** – *Long Day’s Journey into Night* by Eugene O’Neill

**Tuesday October 26<sup>th</sup>** – *Defender of Faith* by Philip Roth & *Roses, Rhododendron* by Alice Adams from the *Best American Short Stories of the Century*.

The Bedford-Lexington Great Books Group meets in the Flint Room from 7:30-9:30 PM. The books are available at The Paper Store in Bedford located at 297 Great Road. For further information please call 781-643-8732 or 781-862-2232.

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